

ABSTRACT OF THE DISCLOSURE

In a DVD-R on which information is to be recorded by an information recording apparatus, prior to the recording of the information therein, there are recorded in advance at least identification information for identifying the information recording apparatus for recording the information onto the DVD-R, and recording parameter information containing optimization information for optimizing a recording state in the record processing executed by the information recording apparatus specified by the identification information. Furthermore, the information recording apparatus reads the recording parameter information at the execution of record processing to use it for the record processing.